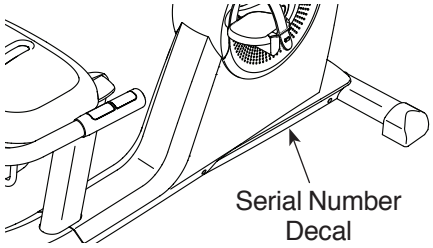
EPIC™ A17R

www.epicfit.com

Model No. EPEX14912.2
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

VISIT OUR WEBSITE:
www.epicfit.com
Chat: Mon.–Fri. 6 a.m.–7 p.m. MT

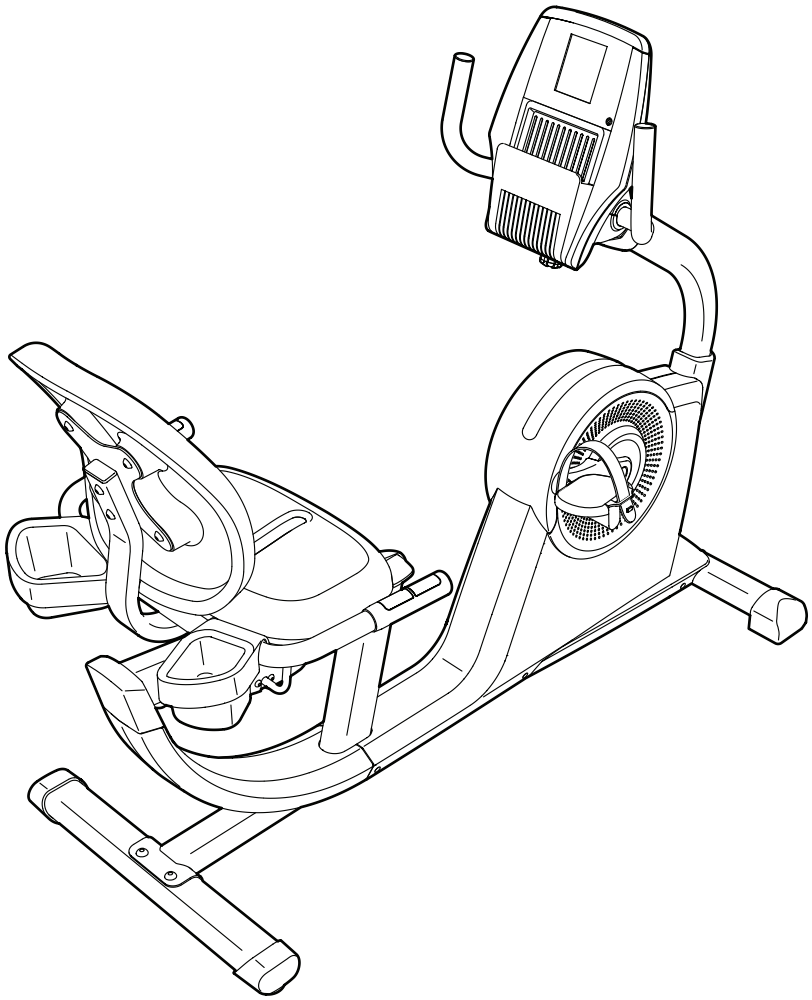
CALL:
1-855-EPIC-FIT (1-855-374-2348)
Mon.–Fri. 6 a.m.–7 p.m. MT

EMAIL:
productsupport@epicfit.com

⚠CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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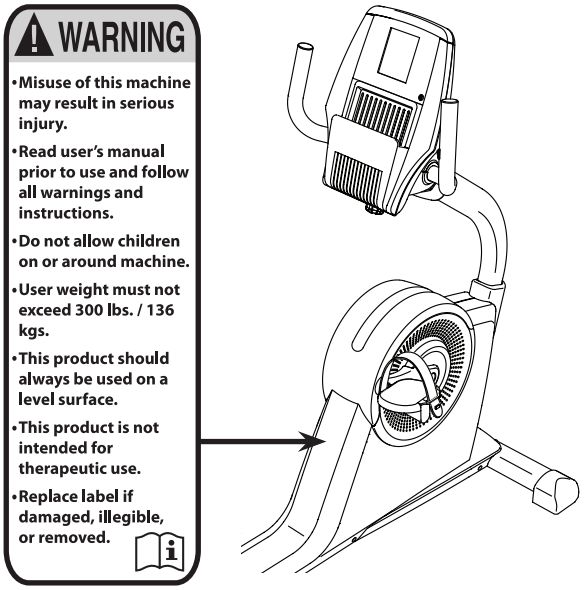
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
•Misuse of this machine may result in serious injury.
•Read user's manual prior to use and follow all warnings and instructions.
•Do not allow children on or around machine.
•User weight must not exceed 300 lbs. / 136 kgs.
•This product should always be used on a level surface.
•This product is not intended for therapeutic use.
•Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

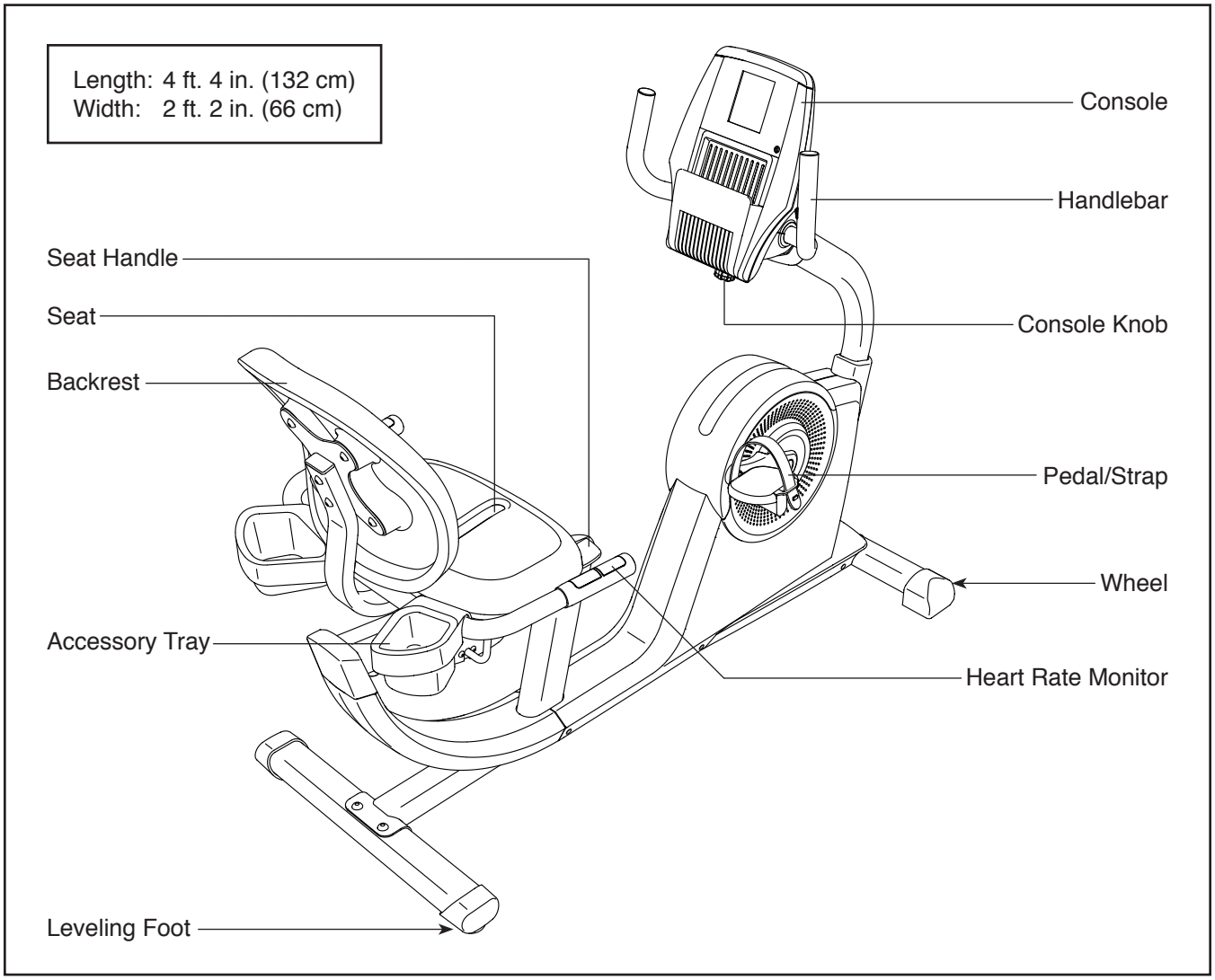
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **Use the exercise bike only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.**
4. **The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.**
5. **Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.**
6. **Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.**
7. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
8. **Keep children under age 12 and pets away from the exercise bike at all times.**
9. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.**
10. **The exercise bike should not be used by persons weighing more than 300 lbs. (136 kg).**
11. **The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.**
12. **Always keep your back straight while using the exercise bike; do not arch your back.**
13. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the revolutionary EPIC™ A17R exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The A17R exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

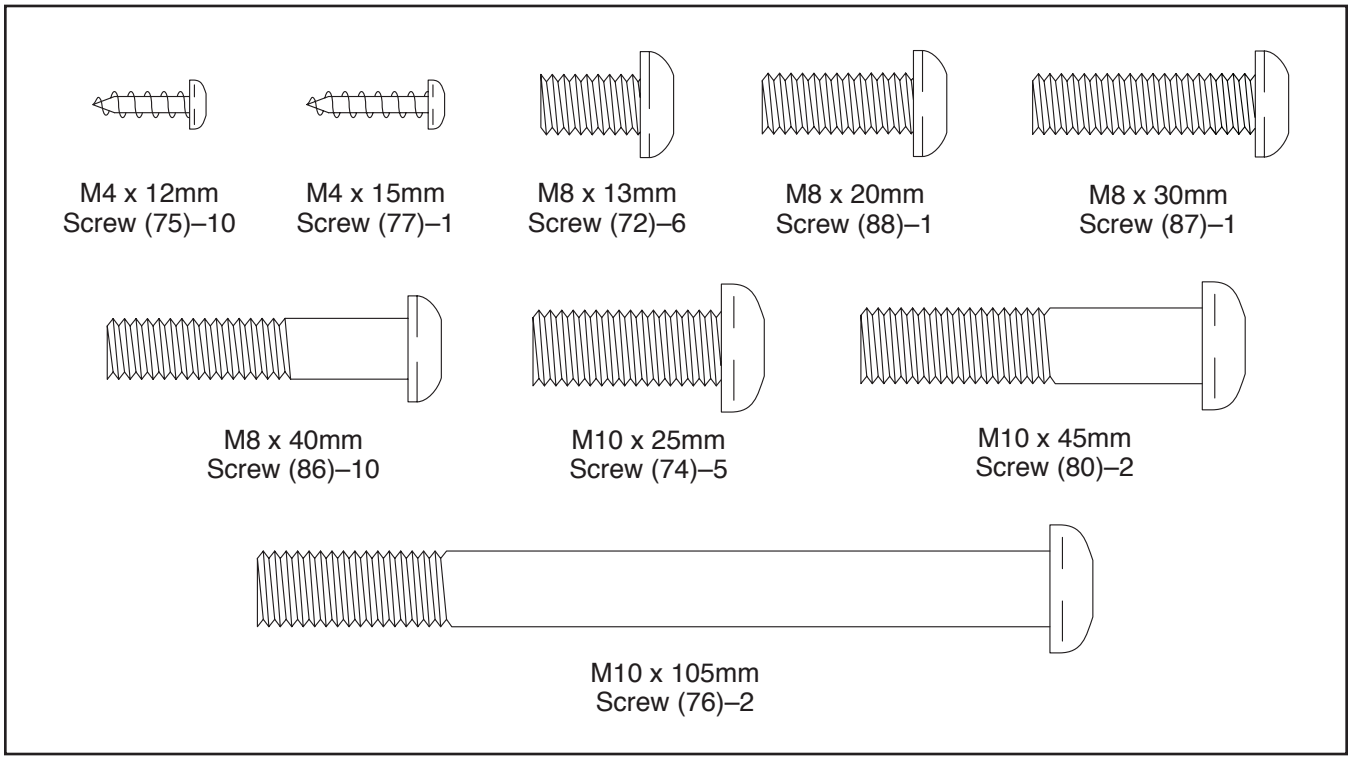
For your benefit, read this manual carefully before you use the exercise bike. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



PART IDENTIFICATION CHART

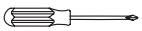
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



ASSEMBLY

- To watch an assembly video, go to http://productvideo.co/assembly/dsg/epic or use your mobile phone or smartphone to read the QR code with an application such as ShopSavvy.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.

In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver 

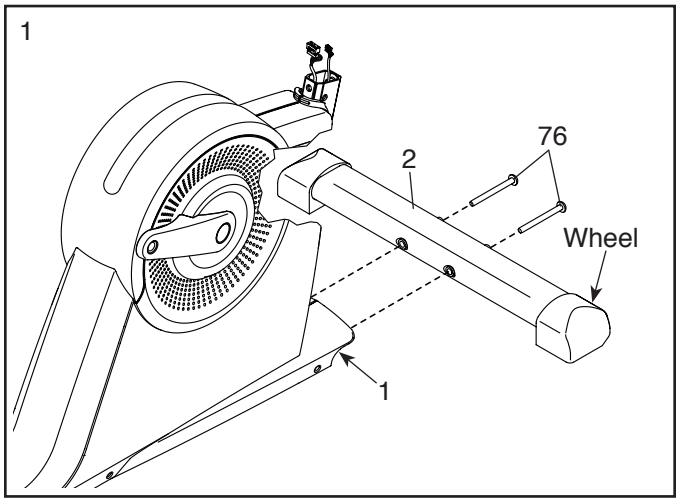
one rubber mallet

Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Set a sturdy piece of packing material under the front of the Frame (1). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

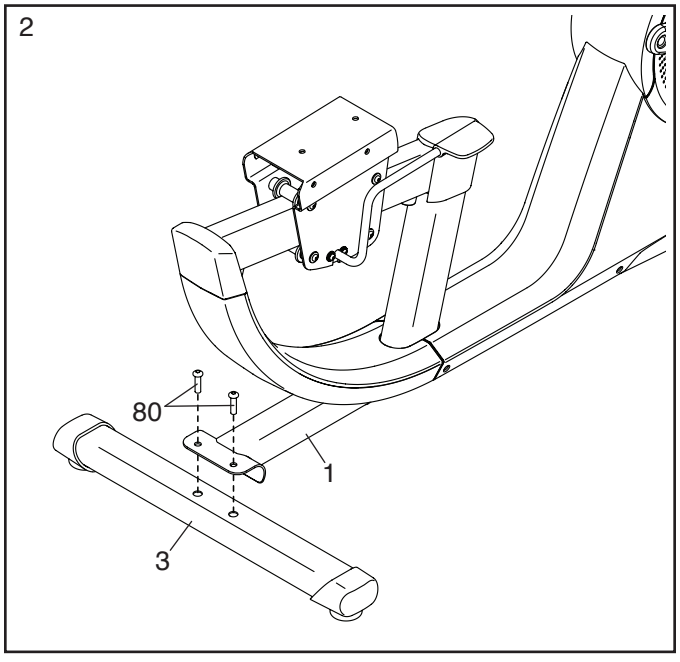
   Orient the Front Stabilizer (2) so that the wheels (not shown) are facing away from the exercise bike. Attach the Front Stabilizer to the Frame (1) with two M10 x 105mm Screws (76).

   Remove the packing material.



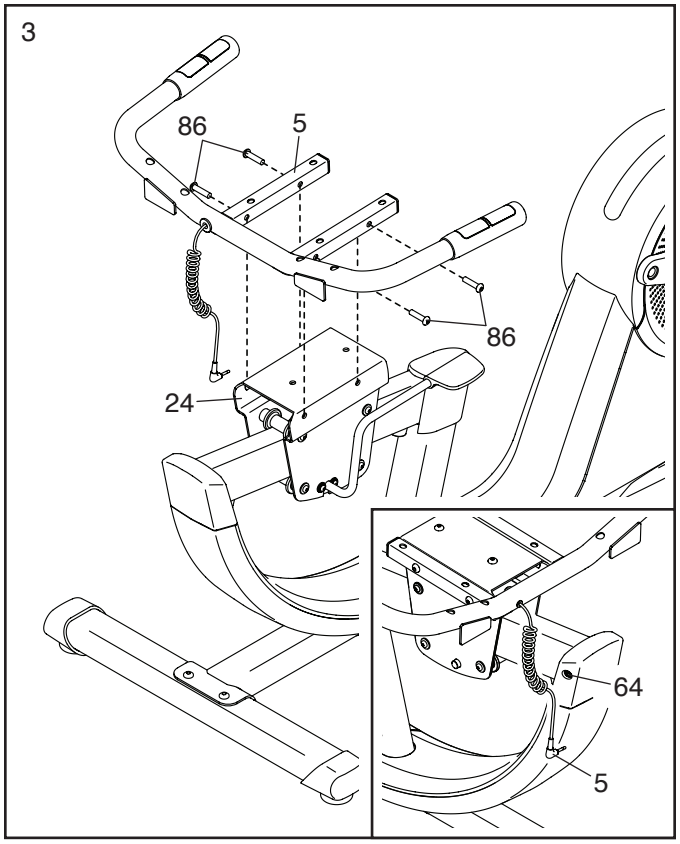
2. Orient the Rear Stabilizer (3) as indicated by the sticker.

   Set the rear of the Frame (1) on the Rear Stabilizer (3). Attach the Rear Stabilizer with two M10 x 45mm Screws (80).



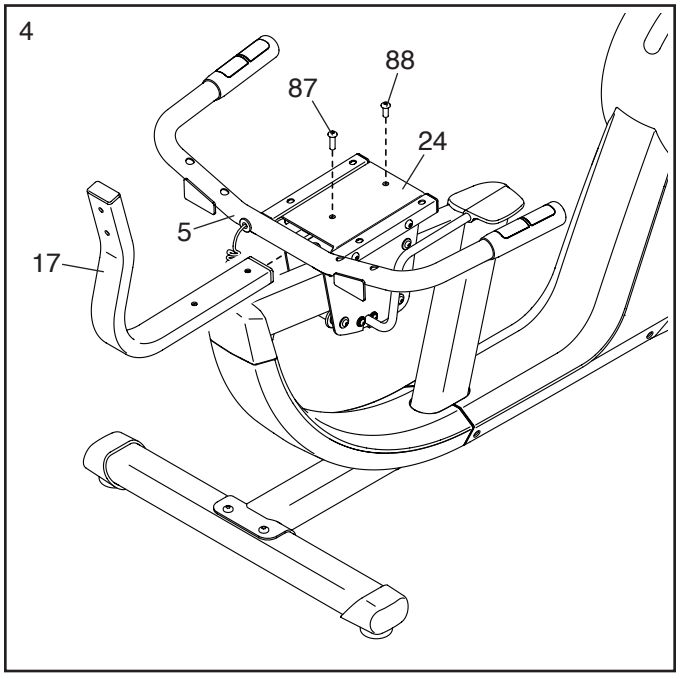
3. Attach the Seat Handlebar (5) to the Seat Carriage (24) with four M8 x 40mm Screws (86); **start all four Screws, and then tighten them.**

   See the inset drawing. Plug the wire on the Seat Handlebar (5) fully into the Pulse Receptacle (64) on the left side of the exercise bike.



4. Orient the Backrest Frame (17) as shown. Insert the Backrest Frame into the Seat Carriage (24), below the Seat Handlebar (5).

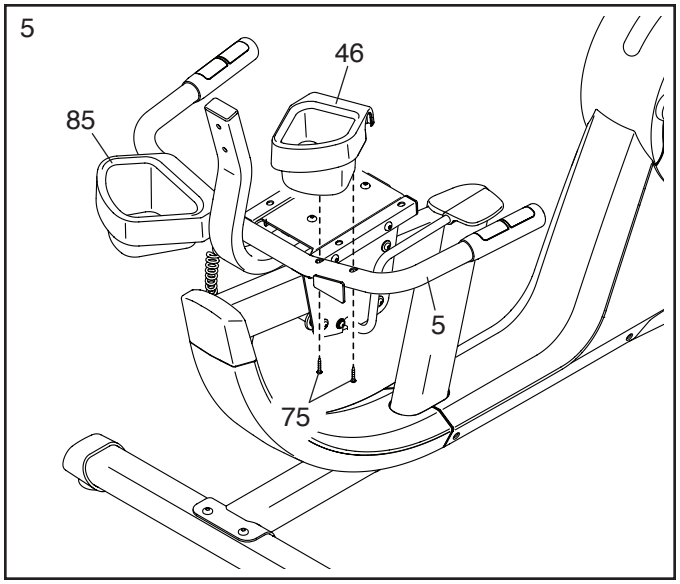
   Attach the Backrest Frame (17) with an M8 x 30mm Screw (87) and an M8 x 20mm Screw (88); **start both Screws, and then tighten them.**



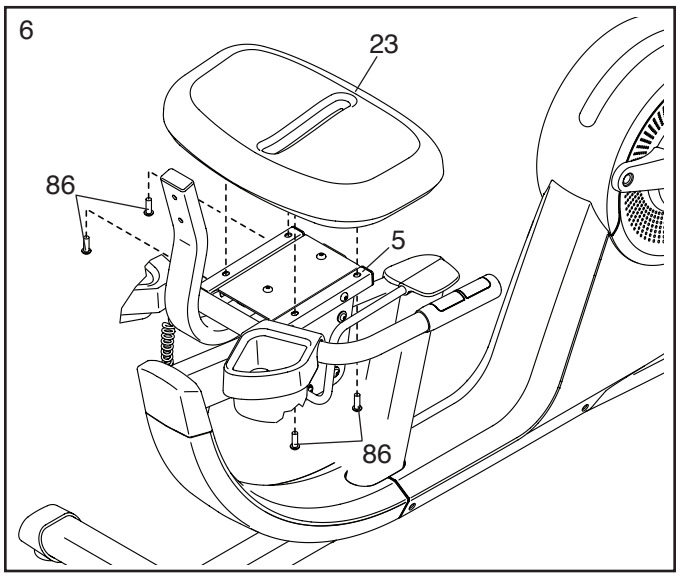
5. Identify the Right and Left Accessory Trays (46, 85).

   Attach the Right Accessory Tray (46) to the right side of the Seat Handlebar (5) with two M4 x 12mm Screws (75).

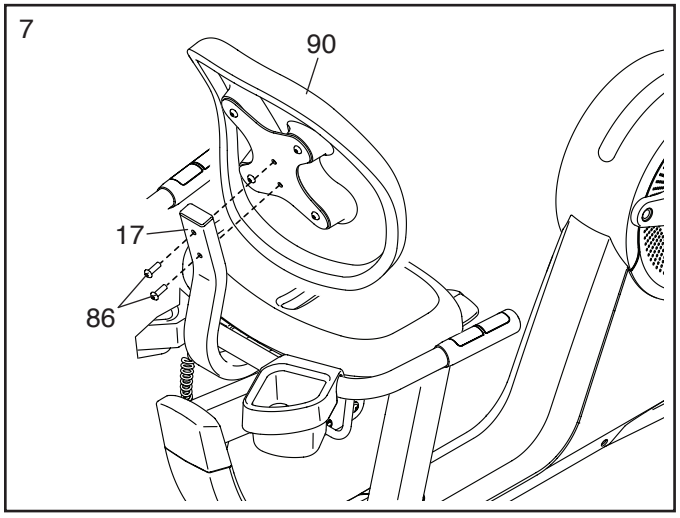
   Attach the Left Accessory Tray (85) to the left side of the Seat Handlebar (5) in the same way.



6. Attach the Seat (23) to the Seat Handlebar (5) with four M8 x 40mm Screws (86); **start all four Screws, and then tighten them.**



7. Attach the Backrest (90) to the Backrest Frame (17) with two M8 x 40mm Screws (86); **start both Screws, and then tighten them.**

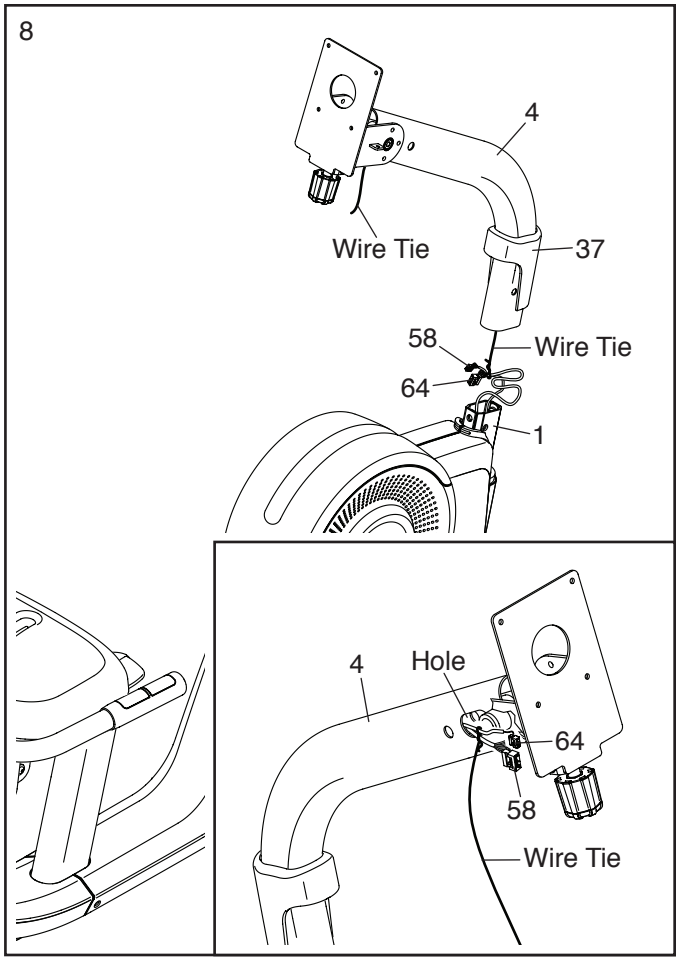


8. Orient the Upright (4) and the Upright Sleeve (37) as shown. Slide the Upright Sleeve onto the Upright.

   Have another person hold the Upright (4) and the Upright Sleeve (37) near the front of the Frame (1) as shown.

   Tie the lower end of the wire tie in the Upright (4) to the Main Wire Harness (58) and to the Pulse Wire (64) in the Frame (1).

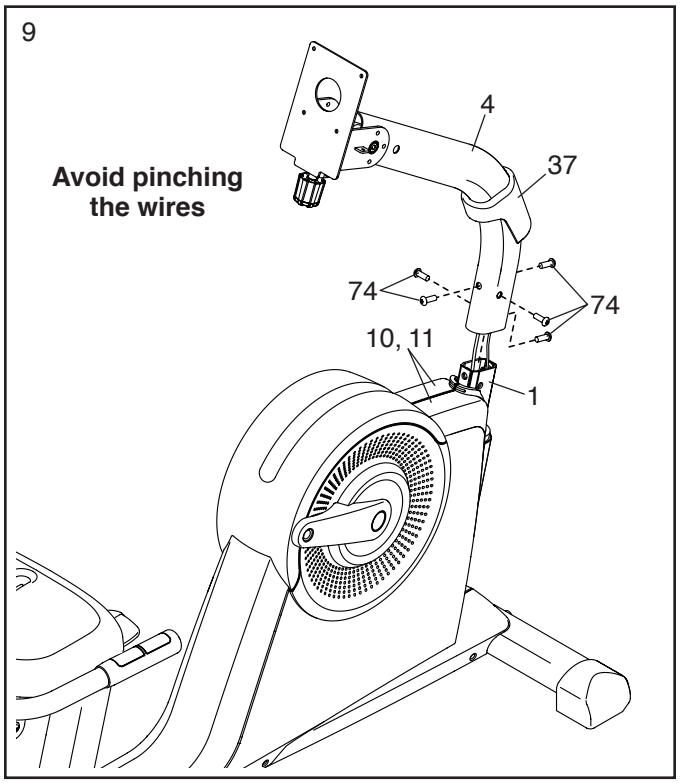
   See the inset drawing. Pull the other end of the wire tie until the Main Wire Harness (58) and the Pulse Wire (64) are routed through the Upright (4) and out of the indicated hole.



9. **Tip: Avoid pinching the wires.**

   Slide the Upright (4) onto the Frame (1). Attach the Upright with five M10 x 25mm Screws (74); **start all five Screws, and then tighten them.**

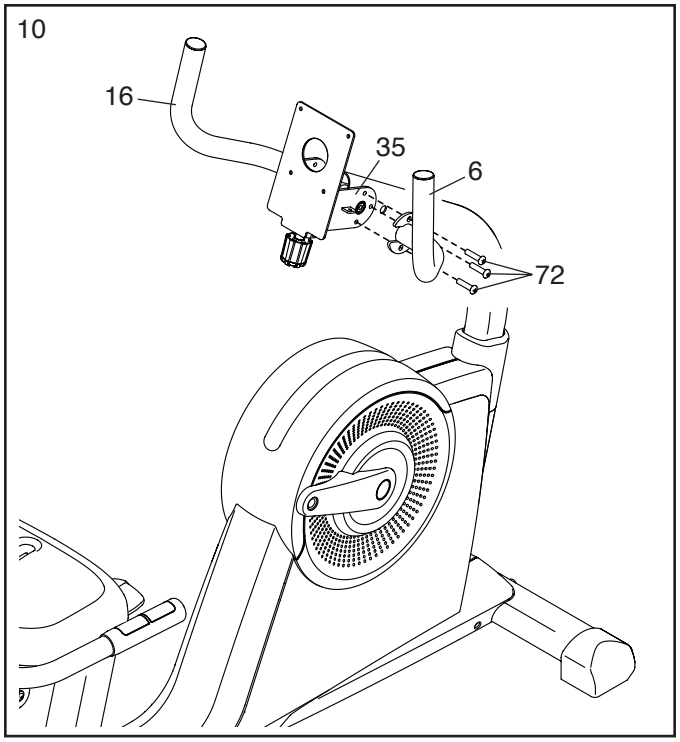
   Then, slide the Upright Sleeve (37) downward and press it onto the Right and Left Shields (10, 11).



10. Identify the Right Handlebar (6).

    Attach the Right Handlebar (6) to the Console Bracket (35) with three M8 x 13mm Screws (72); **start all three Screws, and then tighten them.**

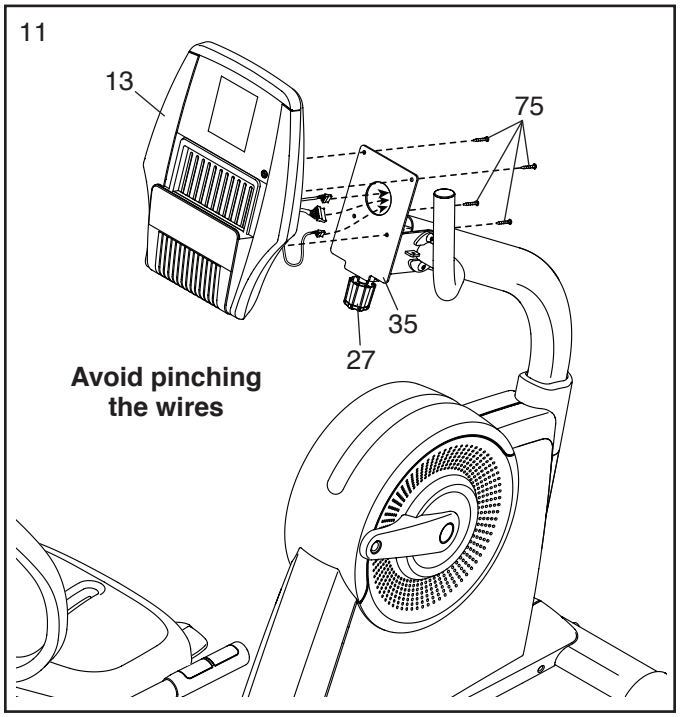
    Attach the Left Handlebar (16) in the same way.



11. While another person holds the Console (13) near the Console Bracket (35), insert the console wires into the hole in the center of the Console Bracket.

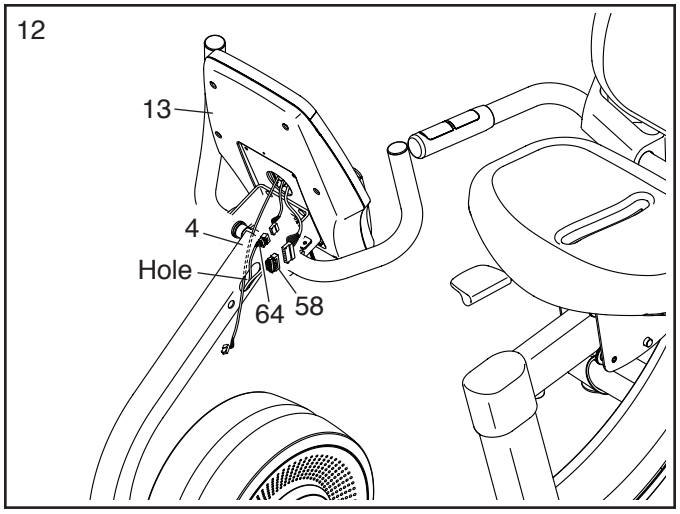
    Tip: Avoid pinching the wires. It may be necessary to turn the Console Knob (27) and adjust the angle of the Console Bracket (35).

    Attach the Console (13) to the Console Bracket (35) with four M4 x 12mm Screws (75).



12. Locate the longest wire on the Console (13). Insert that wire downward into the top of the Upright (4) and pull it out of the indicated hole.

    Connect the other two wires on the Console (13) to the Main Wire Harness (58) and to the Pulse Wire (64).

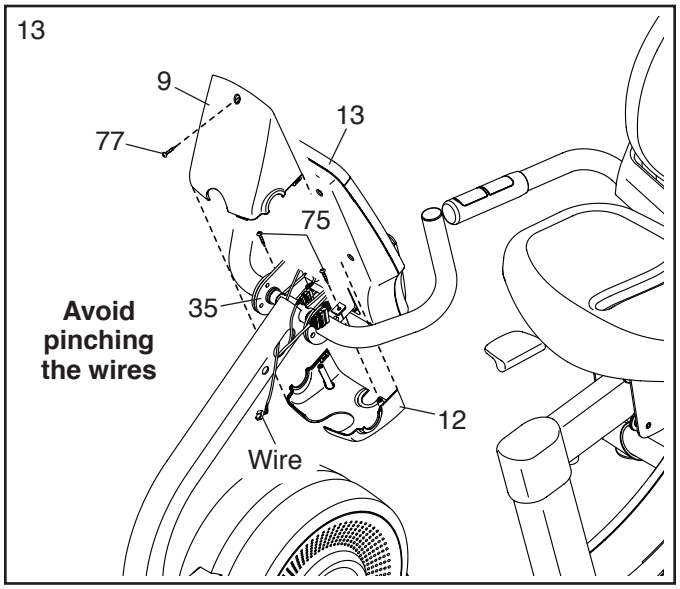


13. Identify the Lower Pivot Cover (12).

    Tip: Avoid pinching the wires. It may be necessary to turn the Console Knob (not shown) and adjust the angle of the Console Bracket (35).

    Attach the Lower Pivot Cover (12) to the Console Bracket (35) with two M4 x 12mm Screws (75). **Make sure that the indicated wire is not covered by the Lower Pivot Cover (see the drawing in step 14).**

    Next, press the Upper Pivot Cover (9) onto the Lower Pivot Cover (12). Attach the Upper Pivot Cover to the Console (13) with an M4 x 15mm Screw (77).

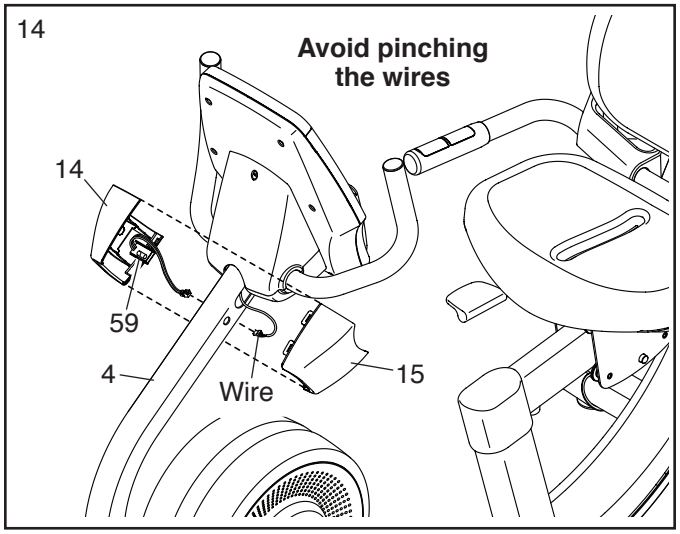


14. Identify the Right Upright Cover (14), which has the Receiver (59) attached.

    Hold the Right Upright Cover (14) near the right side of the Upright (4). Connect the wire on the Receiver (59) to the indicated wire.

    Tip: Avoid pinching the wires.

    Next, press the Right Upright Cover (14) and the Left Upright Cover (15) together around the Upright (4).

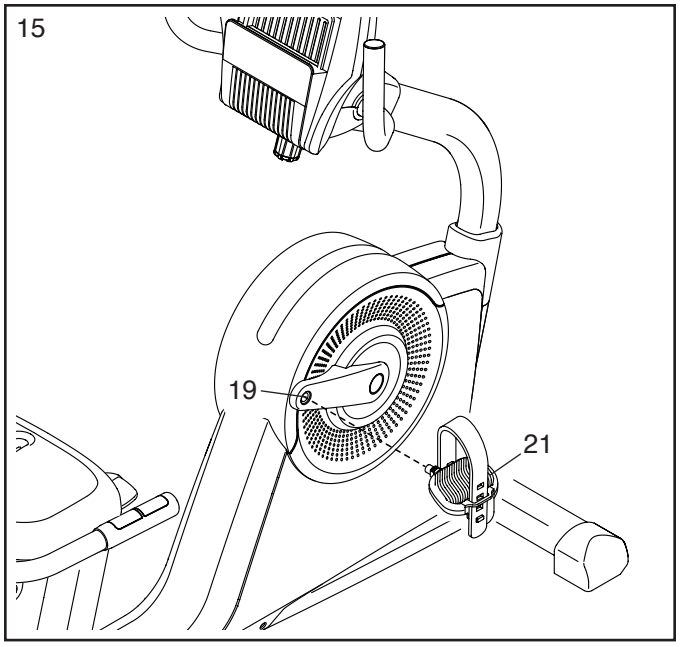


15. Identify the Right Pedal (21).

    Using the included flat wrench, **firmly tighten** the Right Pedal (21) **clockwise** into the Right Crank Arm (19).

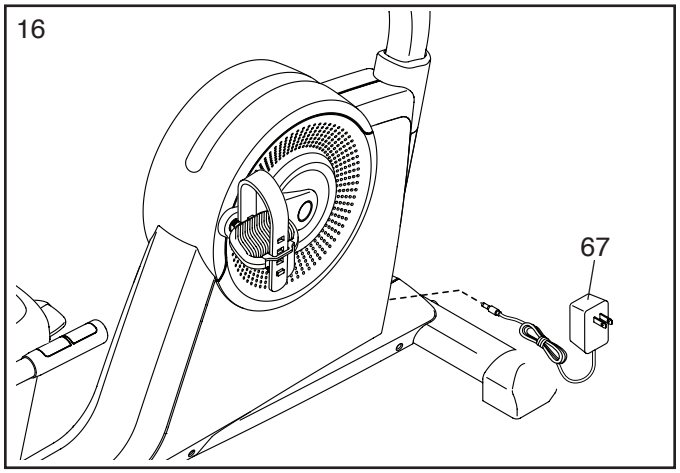
    Firmly tighten the Left Pedal (not shown) **counterclockwise** into the Left Crank Arm (not shown).

    Adjust the strap on the Right Pedal (21) to the desired position, and press the ends of the strap onto the tabs on the Right Pedal. **Adjust the strap on the Left Pedal (not shown) in the same way.**



16. Plug the Power Adapter (67) into the receptacle on the front of the exercise bike.

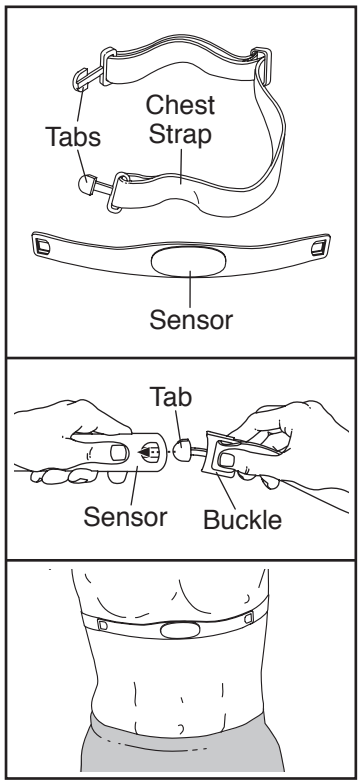
    Note: To plug the Power Adapter (67) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 14.



17. **Make sure that all parts are properly tightened before you use the exercise bike.** Note: Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

THE CHEST HEART RATE MONITOR

HOW TO PUT ON THE HEART RATE MONITOR



The heart rate monitor consists of a chest strap and a sensor. Insert the tab on one end of the chest strap into the hole in one end of the sensor as shown. Then, press the end of the sensor under the buckle on the chest strap. The tab should be flush with the front of the sensor.

The heart rate monitor must be worn under your clothes, tight against your skin. Wrap the heart rate monitor around your chest in the location shown. Make sure that the logo is right-side-up. Then, attach the other end of the chest strap to the sensor. Adjust the length of the chest strap, if necessary.

Pull the sensor away from your body a few inches and locate the two electrode areas, which are covered by shallow ridges. Using saline solution such as saliva or contact lens solution, wet the electrode areas. Then, return the sensor to a position against your chest.

CARE AND MAINTENANCE

- Thoroughly dry the sensor with a soft towel after each use. Moisture may keep the sensor activated, shortening the life of the battery.
- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
- Do not expose the heart rate monitor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° F (50° C) or below 14° F (-10° C).
- Do not excessively bend or stretch the sensor when using or storing the heart rate monitor.
- To clean the sensor, use a damp cloth and a small amount of mild soap. Then, wipe the sensor with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the sensor. Hand wash and air dry the chest strap.

TROUBLESHOOTING

If the heart rate monitor does not function properly, try the steps below.

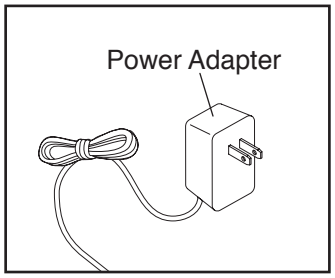
- Make sure that you are wearing the heart rate monitor as described at the left. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, rewet the electrode areas.
- For the console to display heart rate readings, you must be within arm's length of the console.
- If there is a battery cover on the back of the sensor, replace the battery with a new battery of the same type.
- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

HOW TO USE THE EXERCISE BIKE

HOW TO PLUG IN THE POWER ADAPTER

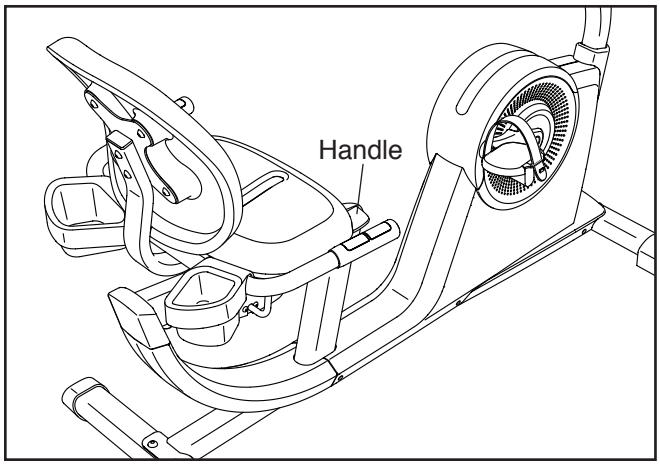
IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the receptacle on the frame of the exercise bike. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



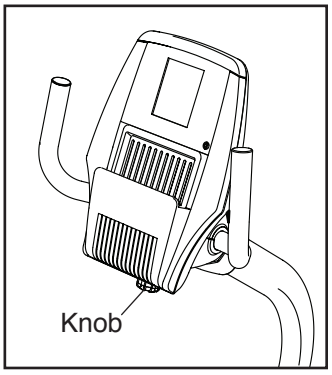
HOW TO ADJUST THE SEAT

To adjust the seat, push downward on the seat handle, slide the seat forward or backward to the desired position, and then pull upward on the seat handle to lock the seat in place.



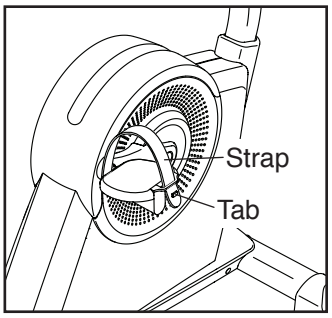
HOW TO ADJUST THE ANGLE OF THE CONSOLE AND THE HANDLEBARS

To adjust the angle of the console and the handlebars, simply turn the handlebar knob clockwise or counterclockwise.



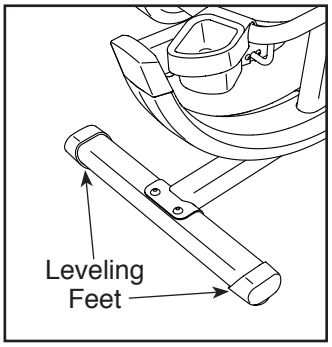
HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.

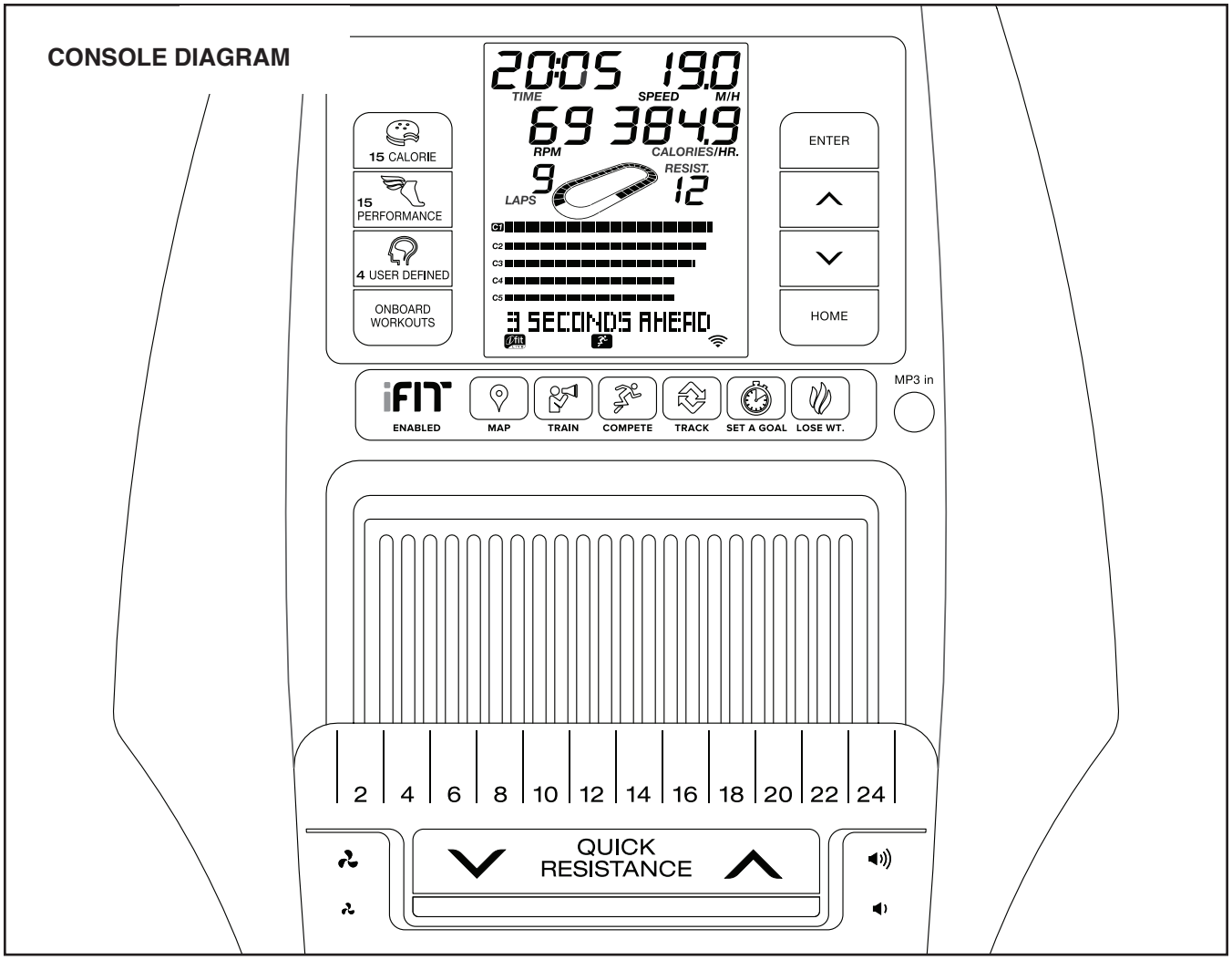


HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

The console features revolutionary iFit Live technology that enables the console to communicate with your wireless network. With iFit Live technology, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **See www.iFit.com for complete information.**

In addition, the console features a selection of onboard workouts. Each onboard workout automatically changes the resistance of the pedals and prompts you to vary your pedaling speed as it guides you through an effective workout. You can also set a time, distance, or calorie goal.

The console also offers user-defined workouts that allow you to create your own workouts and store them in memory for future use.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button.

While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or the chest heart rate monitor.

You can also listen to your favorite workout music or audio books with the console sound system while you exercise.

To set up the console, see page 16.

HOW TO SET UP THE CONSOLE

Before using the exercise bike for the first time, set up the console.

1. **Create an iFit Live account.**

   To create an iFit Live account, or for more information about the account, go to www.iFit.com and click Register.

   Click Buy Now to register for an iFit account. If you have an activation code, select the code activation option. Then, follow the prompts to sign up for your iFit membership.

2. **Connect to your wireless network.**

   Note: In order to download iFit Live workouts and use other features of the console, you must be connected to a wireless network. See HOW TO CHANGE CONSOLE SETTINGS on page 23 to connect the console to your wireless network.

3. **Check for firmware updates.**

   See HOW TO CHANGE CONSOLE SETTINGS on page 23 and check for firmware updates.

The console is now ready for you to begin working out. The following pages explain the various workouts and other features that the console offers.

To use the manual mode, see page 17. **To use an onboard workout,** see page 19. **To use a set-a-goal workout,** see page 20. **To create a user-defined workout,** see page 20. **To use a user-defined workout,** see page 21. **To use an iFit Live workout,** see page 22. **To change console settings,** see page 23. **To use the sound system,** see page 25.

Note: If there is a sheet of plastic on the display, remove the plastic.

Note: The console can display distance in either miles or kilometers. To find which unit of measurement is selected, see HOW TO CHANGE CONSOLE SETTINGS on page 23.

HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select the manual mode.**

   The manual mode will be selected automatically each time you turn on the console.

   Note: If the console is connected to iFit Live through your wireless network, the display will cycle between the manual mode and the iFit Live welcome message. Press the Home button repeatedly to select the manual mode.

   You can also press any of the workouts buttons repeatedly to select the manual mode.

3. **Change the resistance of the pedals as desired.**

   As you pedal, you can change the resistance of the pedals. To change the resistance, press the Quick Resistance increase and decrease buttons or press one of the numbered Quick Resistance buttons.

   Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress.**

   The display can show the following workout information:

   Calories—This display mode will show the approximate number of calories you have burned.

   Calories per Hour (Calories/Hr)—This display mode will show the approximate number of calories you are burning per hour.

   Distance—This display mode will show the distance that you have pedaled in miles or kilometers.

   Laps—This display mode will show a track that represents 1/4 mile (400 m). As you exercise, indicators will appear in succession around the track to show your progress. The Laps display mode will also show the number of laps you complete.

   Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor or the chest heart rate monitor (see step 5).

   Resistance—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

   RPM—This display mode will show your pedaling speed in revolutions per minute (rpm).

   Speed—This display mode will show your pedaling speed in miles or kilometers per hour.

   Time—This display mode will show the elapsed time.

   The matrix offers several display modes. Press the increase and decrease buttons near the Enter button until the desired display mode is shown.

   Speed—This display mode will show a history of the speed settings of your workout. A new segment will appear at the end of each minute.

   Calorie—This display mode will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment. A new segment will appear at the end of each minute.

To pause the manual mode or a workout, stop pedaling. The time will pause in the display. To resume the manual mode or the workout, simply resume pedaling.

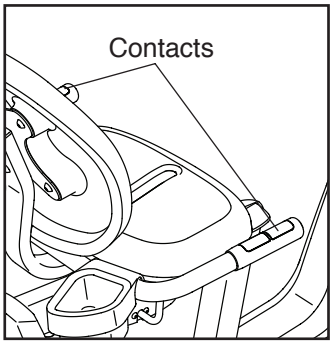
Press the Home button to exit the manual mode or a workout. If necessary, press the Home button again.

When the console is connected to a wireless network, the wireless symbol in the display will show the strength of your wireless signal. Four arcs indicate full signal strength. If the wireless symbol is flashing, the console is not connected to a wireless network.

If desired, adjust the volume level by pressing the volume increase and decrease buttons on the console.

5. **Measure your heart rate if desired.**

To use the chest heart rate monitor, see page 13. To use the handgrip heart rate monitor, follow the instructions below. **IMPORTANT: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.**

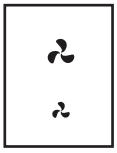


If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **Turn on the fan if desired.**



The fan has high and low speed settings. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.

Note: If the pedals do not move for a while, the fan will turn off automatically.

7. **When you are finished exercising, the console will turn off automatically.**

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will flash in the display. To resume your workout, simply resume pedaling.

If the pedals do not move for several minutes and the buttons are not pressed, the resistance of the pedals will increase, the console will turn off, and the display will be reset.

HOW TO USE AN ONBOARD WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select an onboard workout.**

   To select an onboard workout, press the Calorie button or the Performance button repeatedly until the name of the desired workout appears in the display.

   When you select an onboard workout, the display will show the name, duration, and distance of the workout. The display will also show the approximate number of calories you will burn during the workout and a profile of the resistance settings of the workout.

3. **Begin pedaling to start the workout.**

   Each workout is divided into segments. One resistance level and one target rpm (speed) are programmed for each segment. Note: The same resistance level and/or target rpm may be programmed for consecutive segments.

   During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the profile indicates the approximate resistance level for the current segment.

   At the end of each segment of the workout, the resistance of the pedals will change.

   As you exercise, keep your pedaling speed near the target rpm for the current segment. **IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling speed may be slower than the target rpm. Make sure to pedal at a speed that is comfortable for you.**

   If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Quick Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

   Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance of the pedals during the workout, the number of calories you burn will be affected.

   The workout will continue in this way until the last segment ends. To pause the workout, stop pedaling. The time will pause in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress.**

   See step 4 on page 17.

   The matrix will also show a profile of the resistance settings of the workout or a map.

5. **Measure your heart rate if desired.**

   See step 5 on page 18.

6. **Turn on the fan if desired.**

   See step 6 on page 18.

7. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 18.

HOW TO USE A SET-A-GOAL WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Set a calories, distance, or time goal.**

   Press the Set A Goal button repeatedly until the name of the desired goal appears in the display.

   Then, press the increase and decrease buttons near the Enter button to set the desired goal.

3. **Begin pedaling to start the workout.**

   As you exercise, a target rpm (speed) may appear in the display to help you reach your goal. Keep your pedaling speed near the target rpm. **IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling speed may be slower than the target rpm. Make sure to pedal at a speed that is comfortable for you.**

   Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance of the pedals during the workout, the number of calories you burn will be affected.

   The workout will continue in this way until the calories, distance, or time goal is reached. To pause the workout, stop pedaling. The time will pause in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress.**

   See step 4 on page 17.

5. **Measure your heart rate if desired.**

   See step 5 on page 18.

6. **Turn on the fan if desired.**

   See step 6 on page 18.

7. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 18.

HOW TO CREATE A USER-DEFINED WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select a user-defined workout.**

   To select a user-defined workout, press the User Defined button repeatedly until the name of the desired workout appears in the display. A profile will also appear in the display.

3. **Begin pedaling and program the desired settings.**

   Each workout is divided into segments. You can program one resistance level and one target rpm (speed) for each segment.

   To program a resistance level for the first segment, simply adjust the resistance of the pedals by pressing the Quick Resistance buttons.

   To program a target rpm (speed), simply pedal at the desired speed.

   At the end of the first segment, the workout will store the current resistance level and pedaling speed in memory.

   Program a resistance level and a target rpm for the second segment as described above.

   Continue exercising for up to one hundred minutes. Press the Home button when you are finished with your workout. Then, press the Enter button. The workout you created will then be stored in memory.

4. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 18.

HOW TO USE A USER-DEFINED WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select a user-defined workout.**

   To select a user-defined workout, press the User Defined button repeatedly until the name of the desired workout appears in the display. The display will also show a profile of the resistance settings of the workout.

   Note: To create a user-defined workout, see HOW TO CREATE A USER-DEFINED WORKOUT on page 20.

3. **Start the workout.**

   Each workout is divided into segments. One resistance level and one target rpm (speed) are programmed for each segment. Note: The same resistance level and/or target rpm may be programmed for consecutive segments.

   During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

   At the end of each segment of the workout, the resistance of the pedals will change.

   As you exercise, keep your pedaling speed near the target rpm for the current segment. **IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling speed may be slower than the target rpm. Make sure to pedal at a speed that is comfortable for you.**

   If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Quick Resistance buttons.

   IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.

   The workout will continue in this way until the last segment ends. To pause the workout, stop pedaling. The time will pause in the display. To resume the workout, simply resume pedaling.

4. **Change the workout if desired.**

   If desired, you can change the workout while you are using it.

   To change the resistance level for the current segment, simply press the Quick Resistance buttons. At the end of the current segment, the new resistance level will be stored in memory.

   To change the target rpm for the current segment, simply change your pedaling speed. At the end of the current segment, your pedaling speed will be stored in memory.

   If desired, you can shorten the workout. To shorten the workout, press any workout button on the console, and then press the Enter button to trim the workout.

   If desired, you can extend the workout when you reach the end of the workout. To extend the workout, follow the instructions in the matrix.

   Continue exercising for up to one hundred minutes. Press the Home button when you are finished with your workout. Then, press the Enter button. The workout will then be stored in memory.

5. **Follow your progress.**

   See step 4 on page 17.

6. **Measure your heart rate if desired.**

   See step 5 on page 18.

7. **Turn on the fan if desired.**

   See step 6 on page 18.

8. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 18.

HOW TO USE AN IFIT LIVE WORKOUT

Note: To use an iFit Live workout, you must have access to a wireless network (see page 23). An iFit Live account is also required (see step 1 on page 16.

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select the iFit Live mode.**

   Press the Home button repeatedly to select the iFit Live mode. The iFit Live welcome message will appear in the display.

3. **Select a user.**

   If more than one user is registered with your iFit.com membership, you can switch users in the iFit Live main screen. Press the increase and decrease buttons near the Enter button to select a user.

4. **Select an iFit Live workout.**

   To download an iFit Live workout in your schedule, press the Map, Train, or Lose Wt. button to download the next workout of that type in your schedule.

   To compete in a race that you have previously scheduled, press the Compete button.

   To re-run a recent iFit Live workout from your schedule, press the Track button, press the increase and decrease buttons to select the desired workout, and then press the Enter button to start the workout.

   To use a set-a-goal workout, press the Set A Goal button (see page 20).

   Before some workouts will download, you must add them to your schedule on iFit.com.

   For more information about the iFit Live workouts, please see www.iFit.com.

   When you select an iFit Live workout, the display will show the name, duration, and distance of the workout. The display will also show the approximate number of calories you will burn during the workout and a profile of the resistance settings of the workout.

   Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance of the pedals during the workout, the number of calories you burn will be affected.

5. **Begin pedaling to start the workout.**

   See step 3 on page 19.

   During some workouts, the voice of a personal trainer will guide you through your workout.

   To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

6. **Follow your progress.**

   See step 4 on page 17.

   During a competition workout, the display can show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show your top four competitors. The end of the matrix represents the end of the race.

7. **Measure your heart rate if desired.**

   See step 5 on page 18.

8. **Turn on the fan if desired.**

   See step 6 on page 18.

9. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 18.

For more information about iFit Live workouts, go to www.iFit.com.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter inside the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

HOW TO CHANGE CONSOLE SETTINGS

The console features a settings mode that allows you to view usage information, to personalize console settings, and to set up and manage a wireless network connection.

1. **Select the settings mode.**

   To select the settings mode, press and hold down the Calorie button until the settings mode appears in the display.

   The time display will show the total number of hours that the exercise bike has been used.

   The distance display will show the total number of miles (or kilometers) that have been pedaled on the exercise bike.

2. **Navigate the settings mode menu.**

   The matrix will display a menu of the settings mode options.

   Press the increase and decrease buttons near the Enter button to highlight the desired option.

   The lower part of the matrix will display instructions for the highlighted option. **Make sure to follow the instructions displayed in the lower part of the matrix.**

3. **Change settings as desired.**

   Demo—The console features a display demo mode, designed to be used if the exercise bike is displayed in a store. While the demo mode is turned on, the display will not enter sleep mode when the exercise bike is not in use. If the demo mode is turned on, the word ON will appear in the matrix. To turn on or turn off the demo mode, press the Enter button.

   Units—The selected unit of measurement will appear in the matrix. To change the unit of measurement, press the Enter button. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

   Contrast—The contrast level of the display will appear in the matrix. Press the Quick Resistance increase and decrease buttons to adjust the contrast level.

   Firmware Update—For the best results, regularly check for firmware updates.

   Note: The matrix will display NOT CONNECTED if the console is not connected to a wireless network.

   Press the Enter button to check for firmware updates using your wireless network. If an update is available, the update will begin automatically.

   IMPORTANT: To avoid damaging the exercise bike, do not unplug the power adapter while the firmware is being updated. The update may take several minutes.

   Note: Occasionally, a firmware update may cause your console to function slightly differently. These updates are always designed to improve your exercise experience.

   Default Settings—To restore the console to its factory default settings, press the Enter button. Note: The console will erase any information that you have saved in its memory.

   IP Address—An IP address will appear in the matrix. Note: This IP address is for reference.

   The **WiFi–Normal** option will allow you to set up a wireless network connection using the console. See step 4 for instructions.

   The **WiFi–WPS** option will allow you to set up a wireless network connection using your WPS router. See step 5 for instructions.

   The **WiFi–Advanced** option will allow you to set up a wireless network connection using your computer, smart phone, tablet, or other Wi-Fi device. See step 6 for instructions.

iFit User Setup—To set up a different iFit Live account, but maintain the existing wireless connection, follow the instructions in the matrix.
Note: This option will be used rarely.

Clear WiFi—To erase the console's wireless network settings and have it forget the currently selected wireless network, follow the instructions in the matrix.

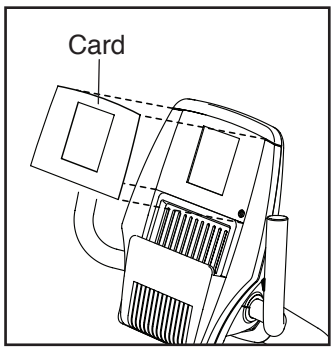
4. **Use WiFi–Normal to set up a wireless connection.**

This option will allow you to set up a wireless network connection using the console.

Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

To set up a wireless network connection using the console, first press the Enter button.

IMPORTANT: Set the included WiFi setup card on the console. The buttons on the WiFi setup card are referenced in the following instructions.



A list of networks will appear in the matrix. Press the up and down buttons to highlight the desired network. Then, press the Enter button. Note: Do not select IFIT_SETUP.

Note: The time display will show the number of the currently-selected access point. The distance display will show the total number of access points detected.

If the network has a password, enter the password.

A keyboard will appear in the matrix. As necessary, press the buttons on the WiFi setup card to select the caps option, the number option, or the symbol option.

Press the up, down, left, and right buttons to highlight the desired letter or number. Then, press the Enter button to select the letter, number, or symbol. When you have finished entering the password, press the Done button.

Next, a numerical code and a web address will appear in the matrix.

Open a web browser on your computer, smart phone, tablet, or other internet-compatible device and go to the web address.

Log in to your iFit Live account on the web page. Then, enter the numerical code into the indicated field on the web page. Follow any other instructions on the web page.

Then, unplug the power adapter, wait for several seconds, and then plug in the power adapter again. Note: It may take a few minutes for the console to be ready for use.

When the console is connected to a wireless network, the wireless symbol in the display will stop flashing and become solid. The wireless symbol will show the strength of your wireless signal; four arcs indicate full signal strength.

If you cannot complete any part of this process, or if you have any questions, go to http://support.ifit.com for assistance.

5. **Use WiFi–WPS to set up a wireless connection.**

This option will allow you to set up a wireless network connection using your WPS router.

To set up a wireless network connection using your WPS router, first press the Enter button and follow the instructions in the matrix.

A numerical code and a web address will appear in the matrix. Open a web browser on your computer, smart phone, tablet, or other internet-compatible device and go to the web address.

Log in to your iFit Live account on the web page. Then, enter the numerical code into the indicated field on the web page. Follow any other instructions on the web page.

Then, unplug the power adapter, wait for several seconds, and then plug in the power adapter again. Note: It may take a few minutes for the console to be ready for use.

When the console is connected to a wireless network, the wireless symbol in the display will stop flashing and become solid. The wireless symbol will show the strength of your wireless signal; four arcs indicate full signal strength.

If you cannot complete any part of this process, or if you have any questions, go to http://support.ifit.com for assistance.

6. **Use WiFi–Advanced to set up a wireless connection.**

   This option will allow you to set up a wireless network connection using your computer, smart phone, tablet, or other Wi-Fi device.

   On your computer, smart phone, tablet, or other Wi-Fi device, open the list of available networks to which your device can connect. One of the options will be IFIT_SETUP; select this network. If this network does not appear, make sure that your Wi-Fi device is within range of the console, and then close and re-open your list of networks. Also, see CLEAR WIFI on page 24 and clear any previous wireless network settings on the console.

   Note: The network IFIT_SETUP will not appear if the console has already been configured to connect to a wireless network. Also, Android™ devices may not be able to detect IFIT_SETUP.

   The console will display an IP address, such as 192.168.0.1:8080. Open a web browser on your computer, smart phone, tablet, or other Wi-Fi device. Next, type in the IP address on the console into the URL bar in your browser. Example: http://192.168.0.1:8080.

   Your browser will load a web page. If the web page does not appear, double-check the IP address and the previous instructions of this step. Follow the instructions on the web page to connect the exercise bike to your wireless network.

   Note: A warning may appear stating that the server cannot be identified. If this happens, make sure that you have entered the IP address correctly.

   If you cannot complete any part of this process, or if you have any questions, go to http://support.ifit.com for assistance.

7. **Exit the information mode.**

   To exit the information mode, press the Calorie button.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system, you must connect your MP3 player, CD player, or other personal audio player to the console.

Plug one end of your audio wire into the audio jack on the console. Then, plug the other end into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that your audio wire is fully plugged in.**

Next, press the play button on your MP3 player, CD player, or other personal audio player. Then, adjust the volume level on your personal audio player or press the volume increase and decrease buttons on the console.

If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15C and part 18 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

Note: The console contains FCC ID: X2NBL-LW02-2

MAINTENANCE AND TROUBLESHOOTING

IMPORTANT: Servicing other than the procedures described below should be performed only by an authorized service representative.

Inspect and tighten all parts of the exercise bike regularly. Replace any worn parts immediately.

To clean the exercise bike, **first press the power switch to the off position and unplug the power adapter.** Wipe exterior parts of the exercise bike with a damp cloth and a few drops of mild dish soap. Then, wipe the exercise bike with a cloth dampened with clean water, and dry the exercise bike with a soft towel. **IMPORTANT: Do not spray liquid directly onto the console or onto other parts of the exercise bike. To avoid damage to the console, keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If lines appear in the console display, see HOW TO CHANGE CONSOLE SETTINGS on page 23 and adjust the contrast level of the display.

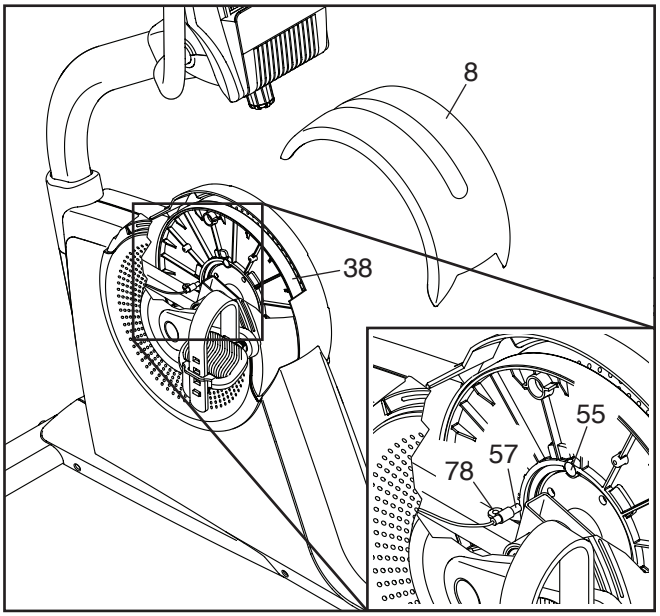
If the console does not display your heart rate when you use the handgrip heart rate monitor, see step 5 on page 18.

If the console does not display your heart rate when you use the chest heart rate monitor, see TROUBLESHOOTING on page 13.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, first **unplug the power adapter (not shown).** Using a flat screwdriver, gently release the tabs on the Front Shield Cover (8) and lift the Front Shield Cover off the exercise bike.



Locate the Reed Switch (57). Turn the Pulley (38) until a Magnet (55) is aligned with the Reed Switch. Next, loosen, but do not remove, the indicated M4.2 x 18mm Screw (78). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw.

Plug in the power adapter, and turn the Pulley (38) for a moment.

Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the front shield cover.

STORAGE

If the exercise bike will not be used for an extended period of time, unplug the power adapter and lay it over the exercise bike where it will not be pinched or crushed, and cover the exercise bike to keep it free of dust. Store the exercise bike indoors. Do not store objects on the exercise bike.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♡
145	*138*	*130*	*125*	*118*	*110*	*103*	♡
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

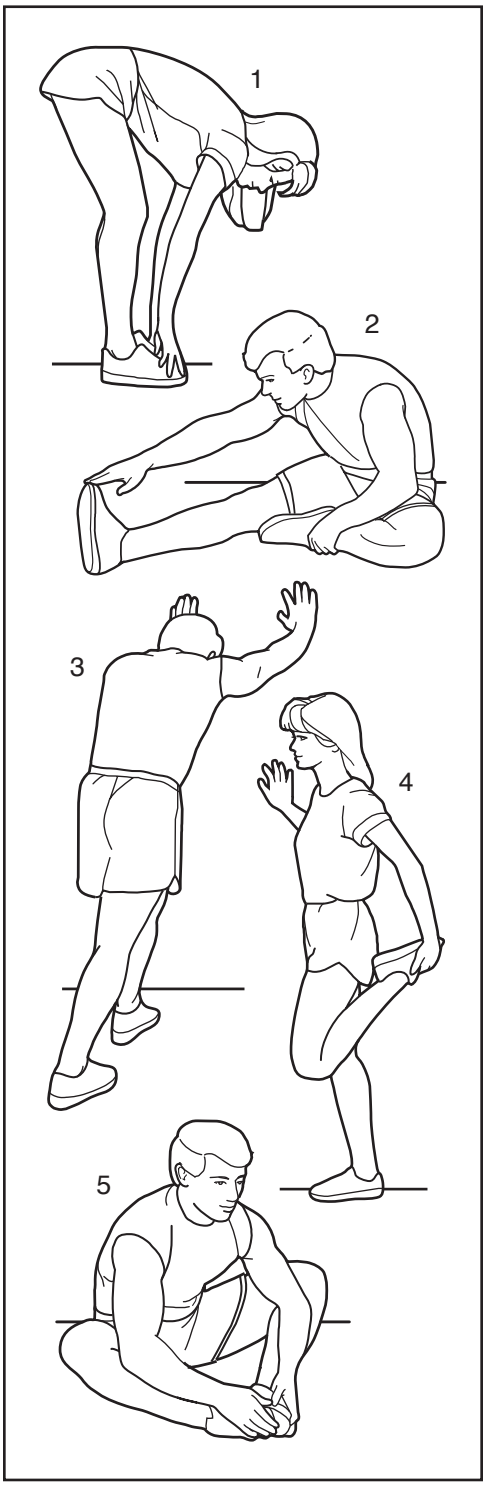
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



NOTES

NOTES

PART LIST

Model No. EPEX14912.2 R0912A

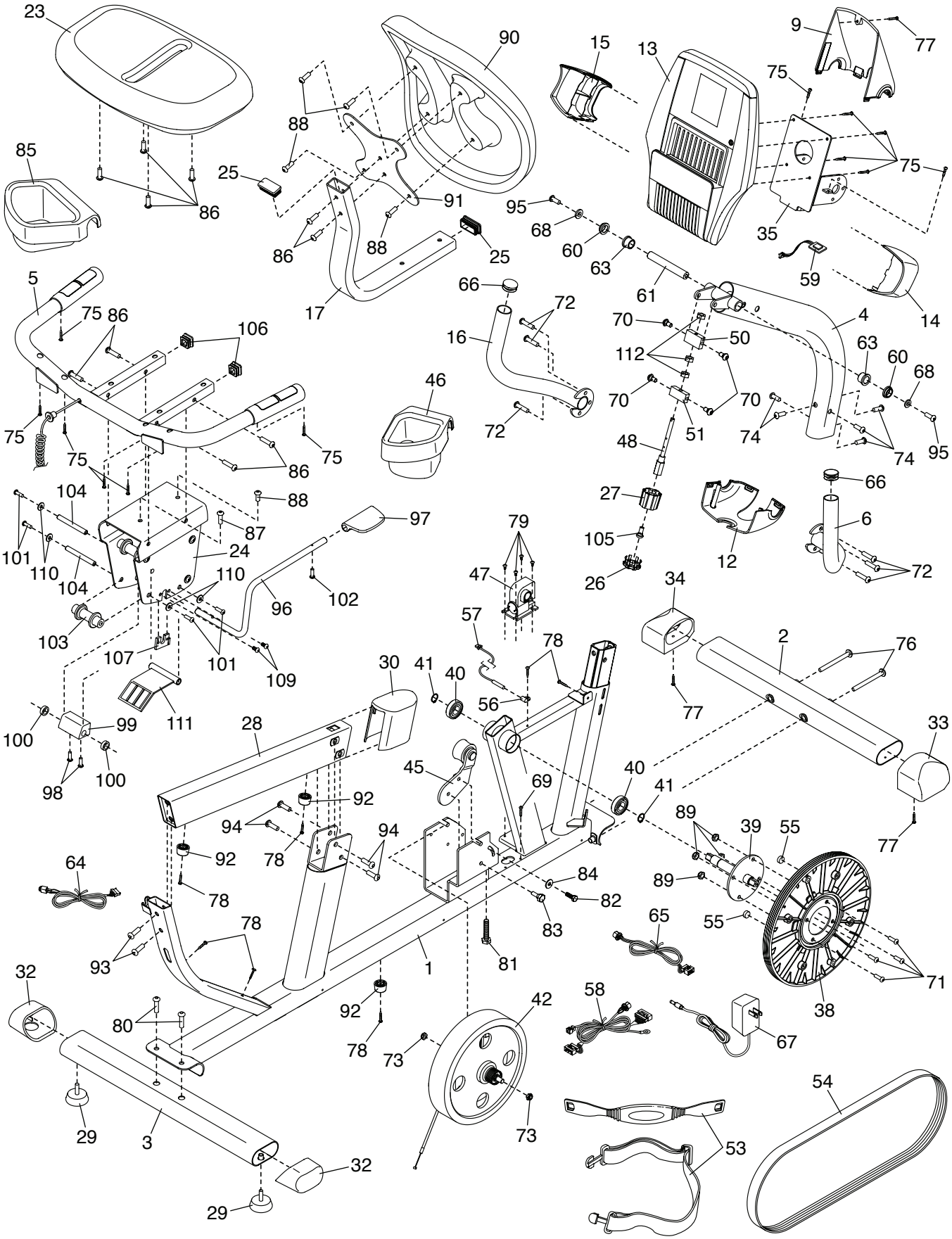
Key No.	Qty.	Description
1	1	Frame
2	1	Front Stabilizer
3	1	Rear Stabilizer
4	1	Upright
5	1	Seat Handlebar
6	1	Right Handlebar
7	1	Rear Shield Cover
8	1	Front Shield Cover
9	1	Upper Pivot Cover
10	1	Right Shield
11	1	Left Shield
12	1	Lower Pivot Cover
13	1	Console
14	1	Right Upright Cover
15	1	Left Upright Cover
16	1	Left Handlebar
17	1	Backrest Frame
18	2	Crank Cover Cap
19	1	Right Crank Arm
20	1	Left Crank Arm
21	1	Right Pedal/Strap
22	1	Left Pedal/Strap
23	1	Seat
24	1	Seat Carriage
25	2	Backrest Frame Cap
26	1	Knob Cap
27	1	Console Knob
28	1	Seat Rail
29	2	Leveling Foot
30	1	Seat Rail Cap
31	2	Crank Arm Cover
32	2	Rear Stabilizer Cap
33	1	Right Stabilizer Cap/Wheel
34	1	Left Stabilizer Cap/Wheel
35	1	Console Bracket
36	2	M4 x 25mm Screw
37	1	Upright Sleeve
38	1	Pulley
39	1	Crank
40	2	Crank Bearing
41	2	Snap Ring
42	1	Eddy Mechanism
43	4	Crank Arm Bracket
44	1	Frame Cap
45	1	Idler
46	1	Right Accessory Tray
47	1	Resistance Motor
48	1	Knob Shaft
49	1	Upper Frame Cover
50	1	Large Shaft Block
51	1	Small Shaft Block
52	1	Lower Frame Cover
53	1	Heart Rate Monitor/Strap
54	1	Drive Belt
55	2	Magnet
56	1	Clamp
57	1	Reed Switch/Wire
58	1	Main Wire Harness
59	1	Receiver
60	2	Handlebar Bushing
61	1	Handlebar Axle
62	2	M8 Flange Screw
63	2	Upright Bushing
64	1	Pulse Wire/Receptacle
65	1	Power Wire/Receptacle
66	2	Handlebar Cap
67	1	Power Adapter
68	2	M8 Washer
69	1	Ground Screw
70	4	M8 x 15mm Shoulder Screw
71	4	M8 x 18mm Bolt
72	6	M8 x 13mm Screw
73	2	M10 Jam Nut
74	5	M10 x 25mm Screw
75	12	M4 x 12mm Screw
76	2	M10 x 105mm Screw
77	3	M4 x 15mm Screw
78	13	M4.2 x 18mm Screw
79	4	M4.5 x 12mm Screw
80	2	M10 x 45mm Screw
81	1	Belt Adjustment Screw
82	1	M6 x 20mm Screw
83	1	Idler Screw
84	1	M6 Washer
85	1	Left Accessory Tray
86	10	M8 x 40mm Screw
87	1	M8 x 30mm Screw
88	5	M8 x 20mm Screw
89	4	M8 Locknut
90	1	Backrest
91	1	Backrest Bracket
92	3	Frame Foot/Bumper
93	2	M10 x 48mm Screw
94	4	M10 x 20mm Screw
95	2	M8 x 15mm Screw
96	1	Seat Handle
97	1	Handle Grip
98	2	M6 x 15mm Screw
99	1	Brake Block
100	2	Block Spacer

Key No.	Qty.	Description	Key No.	Qty.	Description
101	10	M6 x 25mm Bolt	108	8	M4 x 15mm Flat Head Screw
102	1	M4 x 15mm Pan Head Screw	109	2	M6 x 10mm Screw
103	4	Roller	110	10	M6 x 16mm Washer
104	5	Roller Axle	111	1	Brake Plate
105	1	M6 x 12mm Screw	112	3	M8 Nut
106	2	Seat Handlebar Cap	*	–	Assembly Tool
107	1	Handle Bracket	*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

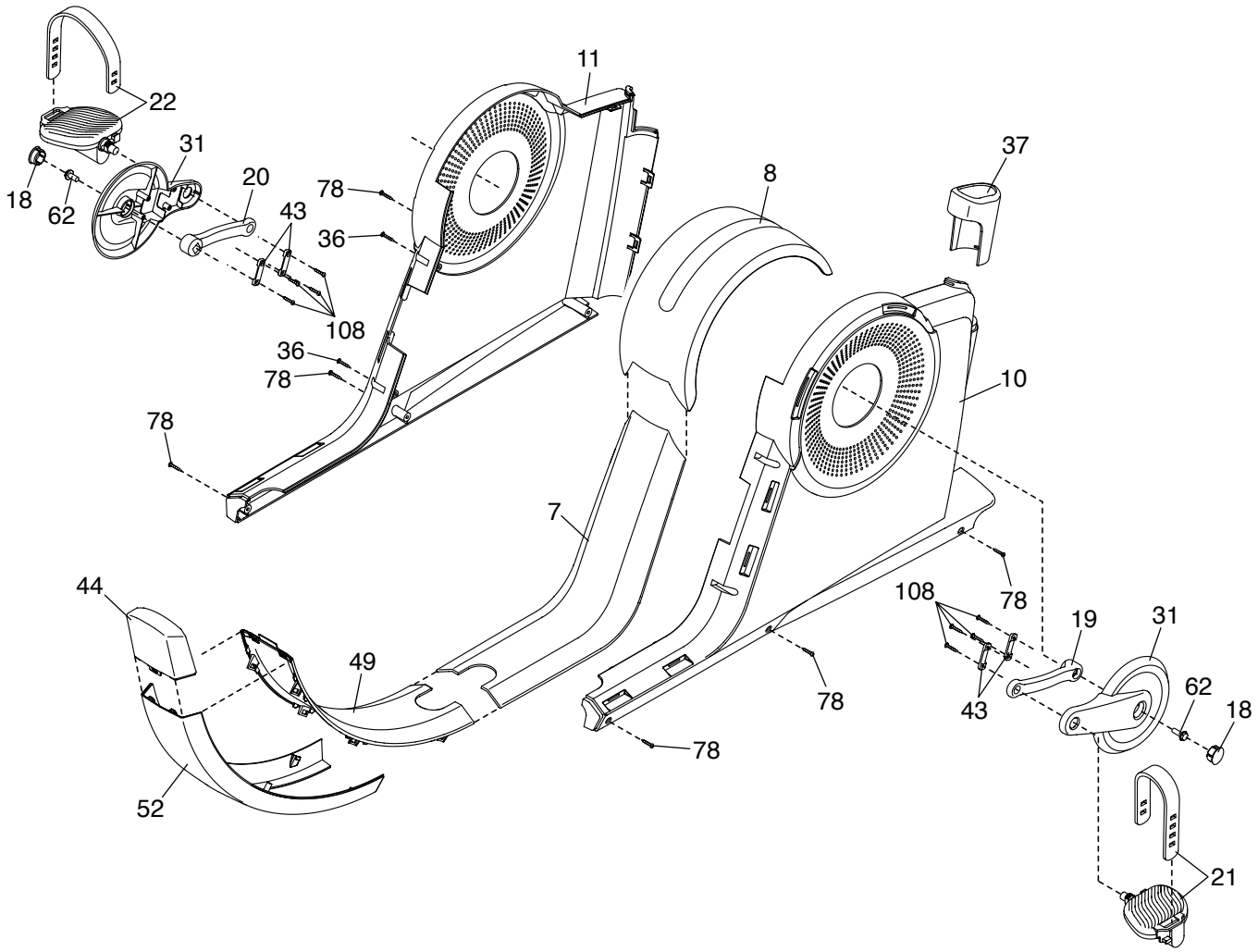
EXPLODED DRAWING A

Model No. EPEX14912.2 R0912A



EXPLODED DRAWING B

Model No. EPEX14912.2 R0912A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.epicfit.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame and the eddy mechanism are warranted for the lifetime of the original purchaser (customer). Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 329682 R0912A

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